Monthly Habit Tracker

JAN FEB MAR APR MAY JUN

JUL AUG SEP OCT NOV DEC

Goals	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Walk 10,000 steps																															
Drink 32 oz. water																															
Exercise 30 minutes																															
Meditate 20 minutes																															
Go to bed by ____ pm																															
Fill in your own																															

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